

***SEAHAWK BASEBALL*  
*ATTITUDE – EFFORT - TOGETHER***

***2019 PLAYER PACKET***



***SEAHAWK BASEBALL*  
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PLAYER INFORMATION SHEET

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STUDENT I.D. NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE: \_\_\_\_\_\_ BIRTHDATE: \_\_\_\_\_\_ HEIGHT: \_\_\_\_\_\_ WEIGHT: \_\_\_\_\_\_

HOODIE SIZE: \_\_\_\_\_\_ SHORTS SIZE: \_\_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL (Please print neatly as follow up information will be sent to this address):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LIST THE POSITIONS YOU PLAY IN THE ORDER YOU’D SAY YOU PLAY THEM BEST:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**IF YOU ARE A JUNIOR,** PLEASE ANSWER THIS QUESTION:

If you are not selected onto the Varsity team, will you be willing to accept the opportunity to play on the JV team?

**IF YOU ARE A SOPHOMORE,** PLEASE ANSWER THIS QUESTION:

If you are not selected onto the JV or Varsity teams, will you be willing to accept the opportunity to play on the C-team?



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TRY OUT INFORMATION

TRY OUT DATES: Monday, February 25 thru Wednesday, February 27 (3 days total)

ROSTER POSTING DATE: Thursday, February 28 (Teams will also be practicing on this date)

IMPORTANT NOTES:

* **ALL** players (new and returning) are **REQUIRED** to submit a PLAYER INFORMATION packet to Ms. Angie Wehmeier in the Athletics Office prior to the try out date of February 25. These packets will be used to help the coaching staff plan ahead for try outs, so it’s imperative this get done on time. Any player who has not submitted a packet WILL NOT be allowed to try out. Also, with Mid-Winter Break being the week before try outs it is **HIGHLY RECOMMENDED** you get your packet into the office as soon as possible and no later than Friday, February 15.
* Each player is **REQUIRED** to register on FAMILY ID to be eligible to try out. Find website here: https://www.familyid.com/organizations/peninsula-high-school
* Each player is **REQUIRED** to have an active 2018-2019 ASB card prior to trying out. If you do not have an ASB card, you WILL NOT be allowed to try out.
* Each Player is **REQUIRED** to have PAID OFF all fines that may have been assessed prior to trying out. If you have not cleared your fines through the Athletics Office, you WILL NOT be allowed to try out.
* There will be a **REQUIRED** $100 PAY TO PLAY fee for all individuals who make any one of our three teams (Varsity, JV, or C-Team). This fee will be collected from ALL players once final rosters have been posted and will be expected to be paid by March 1. Players will only be eligible to play in games once this fee is collected by the Athletics Office.
* Try outs will likely involve time on the PHS baseball field as well as time in the PHS Auxiliary Gymnasium. **Please have with you baseball cleats (metals, molds and flats allowed) as well as tennis shoes.** Hard soled shoes are not allowed in the gym and neither are cleats. Not having tennis shoes WILL NOT be an acceptable excuse for not being able to participate in drills.
* Try outs will be broken into two groups. There is potential for you to be asked to participate with both groups or change groups from one day to another, so please be prepared for that possibility. The coaching staff will do our best to communicate any changes to the schedule of an individual or group as soon as possible. The groups will look like this day one:
  + **GROUP 1 (2:15 pm – 4:00 pm):** All 9th graders and some 10th Graders
  + **GROUP 2 (3:30 pm – 5:00 pm):** Any returning Varsity Players, some 10th graders and all 11th and 12th graders
* Try outs will consist of the following baseball activities, measuring physical tools:
  + Fielding and Throwing
  + Hitting
  + Pitching (pitchers will be evaluated in the bullpen)
  + Catching (catchers will be evaluated both on the field and in the bullpen)
  + Running (home to first & possibly 60 yard sprints)
* In addition to physical tools ALL players will be evaluated on the following attributes:
  + ATTITUDE: It is important to bring a positive energy onto the field at all times. This is a key attribute we will stress over and over throughout the season. Encourage others, attack challenges, be inclusive to ALL of your teammates, want the baseball, and remain positive, especially during times of struggle.
  + EFFORT: We can control two things on a baseball field - attitude (above) and effort. We want players who are willing to pay attention, be coachable and work hard in every drill, on every pitch, and on every swing. We want players who WANT to work hard for the TEAM!
  + COMMITMENT: During the high school season PENINSULA SEAHAWKS BASEBALL is your priority. Missing PHS Baseball practices or games to participate with your summer baseball team will NOT be allowed. In addition, it is important to note ALL THREE TEAMS will have practices and games scheduled over Spring Break. We expect ALL players to be available. And finally, every player by registering for a sport has committed to abiding by the rules of the Athletics Code of Conduct. ALL players are **REQUIRED** to abide by all of those rules, especially those pertaining to attendance, academics, drinking and drug use.
  + ACADEMICS: There are grade requirements for ALL players to remain eligible to play baseball. It is the expectation of our coaching staff that **ALL players prioritize academics** and remain academically eligible throughout the season. Grade checks will take place on a regular basis throughout the year and we want players who can demonstrate commitment to the classroom as well as the ball field.
  + SKILL LEVEL: Defensive skills (run, catch, throw mechanics), offensive skills (swing mechanics, bat speed/control, base running), pitching (mechanics, arm strength, command, pitch selection), catching (receiving, blocking, arm strength, leadership).
* It is important to note, there will likely be returning players who won’t be assigned a team in 2019. Competition is imperative to building a winning culture and it must be understood that ALL roster spots are to be earned each year. It is also important to understand along with this year’s try out, returning players will also be evaluated with past performance and projected playing time in mind.
* Here are possible team assignments for each class:
  + Freshman: C-Team, JV, Varsity, or None
  + Sophomore: C-Team, JV, Varsity, or None
  + Junior: JV, Varsity, or none
  + Senior: Varsity, or none

If you have any questions leading up to try outs please contact Coach Johnson or Angie Wehmeier in the Athletics Office:

Michael Johnson, Head Baseball Coach

Phone: 425-478-9848

Email: mickd17@gmail.com

Angie Weihmeier, Athletic Secretary

Phone: 253-530-4411

Email: wehmeiere@psd401.net



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PLAYER EXPECTATIONS AND CONTRACT

1. You will always consider yourself a STUDENT-athlete. You will commit to your studies and will prioritize your education over baseball.
2. You will represent yourself and this program to the best of your ability both on and off the field. This covers language, attitude and effort in the classroom, sportsmanship and work ethic on the field, extracurricular choices, and everything in between. WANT to be the best you at all times.
3. You will dedicate yourself to being a servant leader in all arenas of life; baseball, school, at home, in the community, etc. As a program we will commit to giving back to the community that has and will continue to support you and the program you are a part of. Leaving a positive mark on people and places around you is an important piece to living a meaningful life. WANT to give back and make a difference.
4. You have been selected to be a part of this program because your coaches believe in you and your potential. Bring a positive mindset that YOU CAN every day. Believe in yourself.
5. Remain positive, encouraging, and supportive of your teammates. The most powerful tool we have been given to use when a teammate is dealing with adversity is encouragement. Lift each other up at all times. Believe in your teammates and TRUST in one another in all circumstances. And if you find yourself in the middle of adversity, get big positive body language and WANT to make the next play.
6. BUY IN! ATTITUDE – EFFORT – TOGETHER … You will buy into the idea and demonstrate to your coaches and teammates that our program’s success will not be defined by wins and losses. Instead our success will be defined by the amount of effort we put in day in and day out, what kind of attitude we bring to the table, and how we encourage each other and the Peninsula community to be one PHS Baseball family. Be TOGETHER on and off the field!
7. Be proud to be a Peninsula Seahawk. Take pride in your team, your school, and the Peninsula community. WANT to be a part of something great and take ownership in making sure you are doing what it takes to get there.

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Player Signature Date

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Head Coach Signature Date



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PARENT/GUARDIAN CONTRACT

We are a program dedicated to providing our student athletes with the best high school baseball experience possible. Simply put, we are in this for the kids. At the high school level it is important to understand the baseball field is an extension of the classroom and it is imperative that we as coaches and parents/guardians are conducting ourselves in a manner that would be acceptable within the school walls. And with this in mind, I ask all parents/guardians read through and acknowledge their understanding of the following expectations:

1. As a parent the most powerful tool you have to support your son with is encouragement. We will be positive and encouraging when attending any baseball activity.
2. Be willing to get involved! This is a baseball family and we all have a part in making this a great experience for the boys.
3. Attend as many baseball games and team activities as your schedule will allow. They may not always say it, but having you present and engaged is important to your players.
4. The Peninsula Seahawks Baseball team will set the standard for conduct both on and off the field. All parents will respect one another, the game, players, opponents, umpires, as well as our community at all times. We want to ensure people view those of us who are a part of this program as “class acts.”
5. Any parents who have an issue with how the coach is running their team will discuss the issue respectfully with the coach away from the field. Complaining to one another in the stands or to the players themselves will not be tolerated. The coaching staff will always make decisions with the players’ best interests in mind. If anyone has an issue with a decision made on the field, all of our coaches will be more than willing to discuss it. We want to be TOGETHER not divided.
6. If a player has an issue, as a parent you will encourage your son to speak with his head coach about the issue at hand. Coaches will NOT speak with a parent about a player concern prior to that player having a conversation with him. A great life lesson is learning to speak your mind in a respectful way when you have an issue with something. Following this standard will allow for growth in each of these young men.
7. Parents will not communicate with the umpires. On the field, it will only be the Head Coach of the team playing who will communicate an issue with the umpires. And that communication will be done with respect for the umpiring crew. Again, you are always representing the Peninsula Seahawk Baseball program and we will always do so with class.
8. Profanity is not to be used by players, coaches or parents at any time during baseball activities. It is important to remember we are working with young men between the age of 14 and 19 years of age. In the class room profanity is not allowed, and it will not be allowed on the field either. And as a wise man once said, if you can’t say it to your baby sister, mother or grandmother, then you can’t say it on the field.
9. If there is an issue with playing time, the chain of communication will go as follows:
   * Player to Coach (if it is the player who has the issue)

or

* + Parent/Guardian to Player (if it is a parent/guardian who has the issue)
  + Player to Coach
  + Player & Parent to Coach

1. Any and all conversations regarding issues will NOT take place immediately before or after practices or games. The conversation can take place after a 24-hour cool down period has been passed. In addition, the conversation will not take place in the presence of any other parents or players and will be conducted in a respectful manner. We are open to input, but we want it done after thought has been put into the situation, avoiding a heat of the moment scenario.
2. Players are expected to be on time. As parents, the expectation is for you to support your son in being on time when your assistance is needed.
3. Dugouts are off limit to parents from the start of pregame activities until the players are released. Please avoid talking with your players during a game. Whether they are in the game or sitting for that moment, every player should be focused on the game as we all have a role to play.
4. It is a requirement for all players to ride the bus to all road games. However, players are allowed to go home with their parents/guardians. Parents are asked to communicate with the coach, or have their son communicate with the coach prior to leaving the game. This will ensure none of the players are left behind.
5. ATTITUDE – EFFORT – TOGETHER … parents will buy into the idea and help demonstrate to the players that our program’s success will not be defined by wins and losses. Instead our success will be defined by the amount of effort we put in day in and day out, what kind of attitude we bring to the table, and how we encourage one another, the players, and the Peninsula community to be one PHS Baseball family.

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Player Name (printed)

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Parent/Guardian Signature Date

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Parent/Guardian Signature Date

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Head Coach Signature Date